

2004-2005 SERVING GUIDE

DOD FRESH FRUIT AND VEGETABLE PROJECT

The following was compiled as a guide to assist in planning commodity needs for your organization. Additional commodity information is available in the referenced resources. Commodities are listed alphabetically and provide the pack size (e.g., 4/5# bags), approximate number of servings provided (e.g., 21.7 servings per pound), average serving size (e.g., 1/4 cup), and approximate number of servings you can expect from each pack/unit ordered (434 servings).

COMMODITY TITLE	PACK SIZE *	APPROX. SERVINGS PROVIDED	SERVING SIZE	APPROX. SERVINGS PER PACK
APPLES, FRESH, RED OR GREEN	40# CARTON	1# = 4.2 1/2 CUP	1/2 CUP	168
APPLE SLICES, SNACK PACK	50/2 OZ.	50	2 OZ.	50
AVOCADOS, HASS	60 COUNT	1# = 2.6	1/4 CUP	67
CARROTS, BABY, BULK	4/5#	50	3 OZ.	50
CARROTS, BABY WHOLE, SNACK PACK	50/3 OZ.	1# = 10.3 1/4 CUP	1/4 CUP (6 EACH)	97
CANTALOUPE CHUNKS	1/8# TUB	1# = 7.8	1/4 CUP	62
CELERY STICKS	4/5#	1# = 3 1/2 CUPS	1/4 CUP OR 3 STICKS	280
GRAPES, LUNCH BUNCH	23# CARTON	123/3 OZ. BUNCHES	1/2 CUP (15-20 GRAPES)	123
KIWIFRUIT	21# CARTON	108 EACH	1/4 CUP (1/2 PIECE)	108
LETTUCE, MIX, ICEBERG/CABBAGE/CARROT	4/5#	1# = 21.7	1/4 CUP PIECES	434
LETTUCE, MIX, ICEBERG/ROMAINE	4/5#	1# = 21.7	1/4 CUP PIECES	434
LETTUCE, ROMAINE, CHOPPED	6/3#	1# = 21.7	1/4 CUP PIECES	390
ORANGES	40# CARTON	1# = 2.8	5/8 CUP (1 MEDIUM)	112
ORANGE SEGMENTS	1/8# TUB	1# = 7.3	1/4 CUP	58
PEARS, BARTLETT	36# CARTON	1# = 3.3	3/4 CUP (1 MEDIUM)	118
PEARS, D'ANJOU	40# CARTON	1# = 3.3	3/4 CUP (1 MEDIUM)	132
PINEAPPLE CHUNKS	1/8# TUB	1# = 7.3	1/4 CUP	58
PINEAPPLE SPEARS	5/5#	1# = 4.3	1/2 CUP (APPROX. 2 SPEAR)	108
SPINACH LEAVES, READY TO EAT	4/2.5#	1# = 25.6	1/4 CUP PIECES	256
STRAWBERRIES	12/10 OZ.	10 OZ. = 7 1/4 CUPS	1/4 CUP WHOLE FRUITS	84
TANGERINES	25#	1# = 4	1/2 CUP (1 MEDIUM)	100

* Pack weights are approximate/subject to change

Updated: 06/16/04

Resources:

- 1) Fresh Product Reference Manual for Food Service, Produce Marketing Assoc., 1989
- 2) Facts About USDA Commodities, USDA
- 3) Food Buying Guide for Child Nutrition Programs, USDA